

## **Historic, archived document**

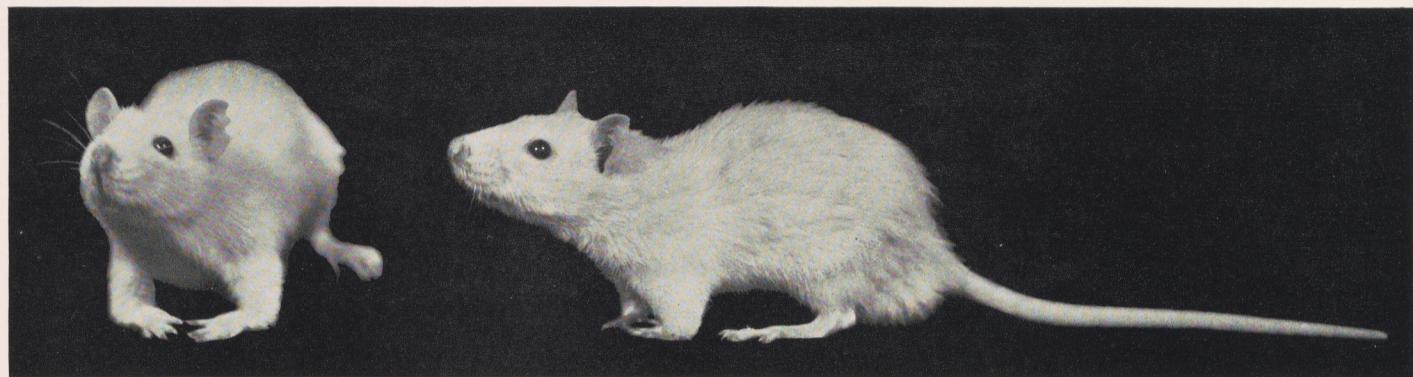
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# —Vitamin D—

## For Good Bones and Teeth

Rats from the same litter, 20 weeks old



This rat had no vitamin D. Note the short body and bowlegs—  
typical signs of rickets



This one had plenty of vitamin D. Its bones are strong and straight

### Foods that Supply Vitamin D



Fish-liver oils  
Certain other fish oils  
Oily fish, such as herring, sardines, salmon

Small amounts in  
Milk  
Cream  
Butter  
Eggs